



**KRISTEN DAVIDSON**  
Age 36  
Height 171cm  
Current weight 62.5 kg  
Kilos lost 15kg  
At this weight 4 months

**after**  
Kristen can't stop smiling

LOST 15kg

**KRISTEN'S CHALLENGE** When she tipped the scales at 82 kilos 12 years ago, Kristen became locked in a starvation/binge cycle that threatened her health and her happiness. Finally, a wake-up call from a friend prompted a drastic change in attitude that allowed her to break free from her dieting hell. **Yo-yo cycle** Surviving on a diet of pizza, burgers and alcohol throughout her early 20s, Kristen tipped the scales at 82kg at the age of 24, which prompted a dangerous dieting pattern. "I was desperate to lose the weight, so I started working out twice a day for 10 months, while starving myself to drop

"I'd tried every faddy diet going, but all it took was common sense!"

After years of yo-yo dieting, this reader discovered a diet and exercise plan she could stick to and the rest - 15kg of weightloss, self-esteem and happiness - finally fell into place

**WEEKLY WORKOUT SCHEDULE**

**Cardio** - 60 minutes/five days a week, bootcamp, running or cross-training  
**Strength training** - 60 minutes/two days a week, Tabata, bootcamp

15 kilos," says Kristen. Boredom would set in and she would revert back to her old habits and put all the weight back on months later. This yo-yo cycle continued for the next 12 years.

**The wake-up call** Sick of hearing Kristen complaining about her weight, a friend encouraged her to sign up for American Fitness Bootcamp (info@americanfitness.me). "I was always making excuses that I had no time to workout, being a wife and a mother and having a job, but as the bootcamp class started at 5.30am, it didn't interfere with my day," says Kristen. She admits the first session was tough. "I cried after the first session, but Jordan, my trainer, was so encouraging, I went back for more."

Kristen began attending bootcamp classes three mornings a week, which inspired other changes to her lifestyle. "I had to get up at 4.30am, so I had to learn to eat right to have enough energy to get me through the day," says Kristen. As well as eating more fruit and vegetables, Kristen switched white bread and pasta for wholegrain versions and started downing whey protein shakes after each session. "I also limited my alcohol intake to the occasional

tipple, instead of every night," says Kristen. **New life** After a few weeks, Kristen started noticing a difference. "My clothes were feeling looser and my body began to feel fit and strong." Eighteen months on and Kristen's life has been transformed. "I'm still doing bootcamp - getting up at 4.30am has become the norm," says Kristen. And she's found a balanced diet that she can maintain. "The rule of thumb is everything in moderation; it's about quantity control. I still allow myself treats like pizza, but I have a couple of slices instead of the whole thing." And, after years of weighing herself obsessively, Kristen has ditched the scales. "I go by how my clothes fit and I've gone from wearing a size 14/16 to a size 8/10 so I couldn't be happier."

**THREE STICK-WITH-IT SECRETS**

- **Find an exercise you like**  
"You need to keep your workouts varied. Anything that is tedious, you can't maintain. But if you enjoy something, you'll stick with it."
- **Train with a friend** "Training with a friend keeps you motivated. Plus, it adds an element of healthy competition."
- **Accept a change for life**  
"Weight loss is not about a temporary programme that has an end, it's about changing your lifestyle forever."

SHRUTI JAGDESH/TP